

Montana Sport Fish Consumption Guidelines



FWP/Trevor Selch Photo

What you need to know about Mercury, PCBs, and other contaminants when fishing in Montana.

This guide provides information about how to enjoy healthy meals from wild fish caught in Montana. It provides specific scientific data about the water bodies which have been tested, plus more general information for areas that have not yet been tested.



- For information on collection and laboratory testing of fish from Montana waters, call MT Fish, Wildlife and Parks at 406-444-2449.
- For information on the health risks of eating fish, call MT Health & Human Services 406-444-2837 or email: HHSFCS@mt.gov.
- This on-line version of the brochure will be updated as new data is gathered: fwp.mt.gov/fishing



What Are the Health Benefits of Eating Fish?

When properly prepared, fish provide a diet high in protein and low in saturated fats. Many researchers suggest that eating a half-pound of fish each week helps to prevent heart disease.

Almost any kind of fish can have real health benefits if eaten as an alternative to high-fat protein in your diet. You can get the health benefits of fish and reduce unwanted contaminants by following the guidelines in this pamphlet.

What Are the Health Risks of Eating Contaminated Fish?

PCBs & METHYL MERCURY build up in the body tissue over time. It may take months or years of regularly eating contaminated fish to accumulate levels that could become a health concern.

METHYL MERCURY — Our bodies can safely metabolize small amounts of consumed methyl mercury, but larger amounts may cause damage to the nervous system. It most severely affects developing fetuses in pregnant women. It is recommended that women of childbearing age avoid those species of fish and seafood known to contain high concentrations of mercury.

PCBs — Dietary exposure to PCBs has been linked to infant development problems in children whose mothers were exposed to PCBs before becoming pregnant. The consumption advice for PCBs is intended to protect children from developmental problems and damage to their immune systems. In addition, PCBs are known to cause cancer in laboratory animals and may cause cancer in humans.



FWP/Kenton Rowe Photo

What Are Sport Fish Consumption Guidelines?

These guidelines provide recommendations on the amount and type of sport fish to eat. They also tell you how to prepare your catch to minimize health risks, and what precautions should be taken by high-risk individuals.

On the other side of this brochure is a detailed chart listing all waters in Montana that have been tested for the presence of certain environmental contaminants. It gives recommendations for eating fish caught in those waters.

Although these guidelines are not regulatory standards, by using them you'll help ensure that the fish you catch can be a safe part of your diet.

These guidelines are generally designed to protect pregnant women, women of childbearing age, children, and anglers who regularly consume larger quantities of fish caught in Montana waters over long periods of time.

What Contaminants Are Found in Montana's Wild Fish?

MERCURY is a widespread and naturally occurring element that concentrates in many soils and rocks. Mercury may also enter Montana waters via household refuse, batteries, mining and industrial wastes, and from burning fossil fuels. Once in a lake, mercury is converted to methyl mercury by bacteria and other processes. Fish absorb methyl mercury into their tissues from their food and from water. There is no method of cooking or cleaning fish that will reduce the amount of mercury in a meal.

POLYCHLORINATED BIPHENYLS (PCBs) are a group of man-made chemicals once used as lubricants, coolants, and in ink and paint additives. The manufacture of PCBs in the United States was banned in 1977, yet trace levels of PCBs remain in the environment. Everyone is exposed to some PCBs, as they are found everywhere. Fish absorb PCBs from water, sediments, and food. PCBs concentrate in the fat of fish, and other animals. Cleaning and cooking fish to remove fat will lower the amount of PCBs in a fish meal.

CADMIUM is released into the environment from mining operations and is used in the manufacturing of paints, alloys, batteries, and plastics. Cadmium is a known carcinogen that has been shown to cause renal dysfunction and a degenerative bone disease.

ARSENIC is a naturally occurring element that has increased in the environment due to industrial emissions from coal burning facilities and as a byproduct of mining operations. Only the inorganic fraction of arsenic found in fish tissues is considered toxic to humans, but it can still accumulate to levels of concern.

SELENIUM is an essential micro-nutrient for humans, but becomes toxic at slightly higher concentrations. Selenium is found in all fish species, but is not considered a carcinogen.

DIOXINS are a group of synthetic organic chemicals that contain 210 structurally related individual polychlorinated dibenzopdioxins (PCDDs) and polychlorinated dibenzofurans (PCDFs). Dioxins are primarily produced as byproducts of chlorine bleaching in pulp and paper mills, industrial waste incineration, combustion of fossil fuels and wood, and as contaminants in the manufacture of certain organic chemicals. Dioxins are also natural products of forest fires and other natural processes.

OTHER metals, pesticides, and organic compounds are present in Montana's fish, but are less common, or a health concern has not been established at this time.

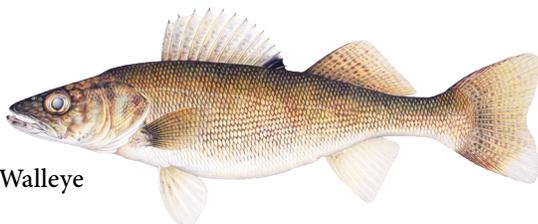
EAT LESS OFTEN



Smallmouth Bass



Lake Trout



Walleye



Northern Pike

EAT MORE FREQUENTLY



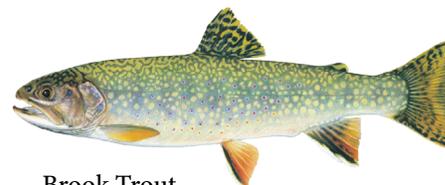
Bluegill



Perch



Black Crappie



Brook Trout



Smaller Rainbow

Meal Advice for Individuals at Increased Risk

Children age six and younger, nursing mothers, and women who are pregnant, or might become pregnant, are at greatest risk of adverse health effects, and should be more conservative in their fish-eating habits.

These guidelines apply to fish species in waterbodies where contaminant data has not yet been collected and is not listed on the next pages of this pamphlet.

 AVOID	 ONE MEAL PER MONTH	 ONE MEAL PER WEEK	 TWO MEALS PER WEEK
Walleye over 22"	Walleye less than 22"		
Northern Pike over 28"	Northern Pike 20-28"	Northern Pike less than 20"	
Lake Trout over 28"	Lake Trout 20-28"	Lake Trout 15-20"	Lake Trout less than 15"
Bass over 15"	Bass 13-15"	Bass 11-13"	Bass less than 11"
	Brown Trout over 20 "	Brown Trout 15-20"	Brown Trout less than 15"
		Yellow Perch 10-14"	Yellow Perch less than 10"
		Whitefish over 18"	Whitefish less than 18"
		Rainbow Trout over 18"	Rainbow Trout less than 18"
			Cutthroat Trout, Kokanee, Brook Trout, Sunfish, Arctic Grayling

Reduce Your Health Risk

- KEEP SMALLER FISH FOR EATING.**
Contamination increases as fish get larger and older. Predatory fish, such as lake trout, walleye, smallmouth bass and northern pike often accumulate more contaminants because they eat other fish. Smaller panfish such as bluegill, crappies, brook trout, yellow perch and smaller rainbow trout usually have low levels of contamination.
- CLEAN AND COOK YOUR FISH PROPERLY.** Certain contaminants build up in a fish's fat deposits and just underneath the skin.
- TO REDUCE CONTAMINANT LEVELS:**
Fillet the fish & remove the skin.
Cut away the fat from back, side & belly.
Bake or broil the trimmed fish on a rack, or grill it, so the remaining fat drips away.
- SERVING SIZE MATTERS.**
Adult serving size is 8 oz. uncooked or 6 oz. cooked. It is about the size and thickness of your hand (large oval in photo below). A child's serving is 3 oz. or 2.25 oz. cooked (small oval, or about the size of an adult's palm).



Montana Sport Fish Consumption Chart

Montana Fish, Wildlife & Parks has analyzed fish for contaminants from many of Montana's lakes and streams. The chart on the following pages will help you plan how many fish meals you can safely eat per month, based on fish size and measured concentrations of contaminants found in the fish.

These guidelines are based on an 8-ounce serving (weight before cooking) for a 176-pound man, and a 3-ounce serving for women of childbearing age or for children age six and younger.

How to use the chart on the following pages:

1. Find the lake or river in which the fish was caught (listed in alphabetical order).
2. Determine the species & length of the fish.
3. If your fishing location or species isn't listed here, follow the "Reduce Your Health Risk" guidelines on page 4.

ALL	= Everyone	Hg	= Mercury
M	= Men & Women (not childbearing age)	Cd	= Cadmium
WC	= Women (childbearing age) & Children		
	= Fish are safe to eat		
1	= Number of safe meals per month		
	= Fish should be avoided		
	= Fish have not been analyzed		
PCBs	= Polychlorinated biphenyls		
D/F	= Dioxins/Furans		
As	= Arsenic		
Se	= Selenium		

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 6

These charts will help you plan meals, with advice for individuals at increased risk

Children age six and younger, nursing mothers, and women who are pregnant, or might become pregnant, are at greatest risk of adverse health effects, and should be more conservative in the fish-eating habits.

Cooking tips plus general guidelines for waterbodies not yet tested for contaminants can be found on page 4.

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Ackley Lake South of Hobson	Rainbow trout	M								Hg
		WC		8	6					Hg
Alder Gulch	Rainbow trout	M	4	7						Hg
		WC	2	3						Hg
Vigilante Pond at Virginia City	Rainbow trout	M								Hg
		WC	7							Hg
Bair Reservoir	Rainbow trout	M		6						Hg
		WC		3						Hg
Basin Creek Near Basin	Rainbow trout	M								Hg
		WC	12							Hg
Basin Creek Reservoir	Cutthroat trout	M	11	7	6					As
		WC	5	3	3					As
Belt Creek Near Belt	Brown trout	ALL								Hg
		M	4	4	4					As/Hg
Between Neihart & Monarch	Brown trout	WC	2	2	2					As/Hg
		M								Hg
	Rainbow trout	WC			8					Hg
		M	6	7						Hg
Upstream of Neihart	Brook trout	WC	3	3						Hg
		M								Hg
	Cutthroat trout	WC	10	11						Hg
		M								Hg
Big Casino Creek Reservoir	Yellow Perch	WC		9						Hg
		M								Hg
Big Spring Creek	Brown trout	ALL			4					PCBs
		M		4						PCBs
Upstream of East Fork Big Spring Ck	Rainbow trout	ALL								PCBs
		M								PCBs
Downstream of East Fork Big Spring Creek to Hwy 191 Bridge	Brown trout	ALL								PCBs
		M								PCBs
Downstream of Hwy 191 Bridge	Rainbow trout	ALL								PCBs
		M			6	2	1	1		Hg
Bighorn Reservoir	Brown trout	WC	9	8	2	1				Hg
		M			3	2	2	2		Hg
	Burbot	WC			1	1	1	1		Hg
		M	2	2	2	1	1			Hg
Channel catfish		WC	1	1						Hg
		M				5				Hg
Rainbow trout		WC		11	6	2				Hg
		M	4	2	2	1				Hg
Sauger		WC	2	1	1					Hg
		M		2						Hg
Smallmouth bass		WC		1						Hg
		M	6	3	1					Hg
Walleye		WC	3	1						Hg
		M			8	3	4			D/F, PCBs
Bitterroot River	Northern pike	WC			3	1	2			D/F, PCBs
		M		7	2					D/F, PCBs
	Rainbow trout	WC		3	1					D/F, PCBs
		M								D/F, PCBs
Blackfoot River	Rainbow trout	WC		10						D/F, PCBs
		M		4	6					As/Hg
Blacktail Creek Butte	Brook trout	WC		1	3					As/Hg
		M		8						Hg
Boulder Creek Trib to Flint Creek	Brown trout	WC		3						Hg
		M								Hg
Downstream South Boulder Creek	Cutthroat trout	WC	12	9						Hg
		M								Hg
Upstream Princeton Gulch	Brown trout	WC		3						Hg
		M								Hg
	Cutthroat trout	WC		8						Hg
		M		5						Hg
Boulder River Near Bernice	Rainbow trout	WC	7	2						Hg
		M								Hg
Bowman Lake Glacier National Park	Lake trout	WC			5	4	1	2	2	Hg
		M			2	2		1	1	Hg

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 8

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Clark Fork River <i>continued</i> ... Blackfoot River to Bitterroot River	Northern pike	M						10		D/F, PCBs
		WC						5		D/F, PCBs
	Rainbow trout	M		1	2					D/F, PCBs
		WC			1					D/F, PCBs
Bitterroot River to Flathead River	All species	M								D/F, PCBs
		WC								D/F, PCBs
Clear Lake South of Superior	Brook trout	M	11							Hg
		WC	5							Hg
Cliff Lake Jewel Basin	Cutthroat trout	M								Hg/PCBs
		WC				7				Hg/PCBs
Cooney Reservoir	Rainbow trout	M								Hg
		WC	7	10	10					Hg
	Walleye	M		11		2	2			Hg
		WC	6	5		1	1			Hg
Crystal Lake Tobacco Root Mtns	Cutthroat trout	M								Hg
		WC		12						Hg
Culver Pond Red Rocks NWR	Brook trout	ALL								Hg
Dailey Lake	Rainbow trout	ALL								Hg
	Walleye	M								Hg
		WC			8					Hg
	Yellow perch	M								Hg
WC			10						Hg	
Douglas Creek Near Hall	Brown trout	ALL								Hg
	Cutthroat trout	ALL								Hg
Dry Fork Belt Creek Near Monarch	Brook trout	M	1							As/Hg
		WC								As/Hg
	Cutthroat trout	M	1							As/Hg
		WC								As/Hg
	Rainbow trout	M		2						As/Hg
		WC		1						As/Hg
East Fork Reservoir Lewistown	Northern pike	M					9			Hg
		WC					4			Hg
	Yellow perch	M								Hg
		WC		9						Hg
Ennis Lake	Brown trout	M						10		Hg
		WC		6	8		4			Hg
	Rainbow trout	M								Hg
		WC		8						Hg
Firehole River Yellowstone National Park near Lower Geyser	Brown trout	M	1	1						Hg
		WC								Hg
	Rainbow trout	M	2	1						Hg
		WC	1							Hg
Yellowstone National Park near Madison Jct.	Brown trout	M	2							Hg
		WC	1							Hg
	Rainbow trout	M	4		3					Hg
		WC	2		1					Hg
Flathead Lake	Lake trout	M	12	12	7	6	4	1		Hg/PCBs
		WC	6	5	3	2	1			Hg/PCBs
	Lake whitefish	M			7	2				Hg/PCBs
		WC			3	1				Hg/PCBs
Flint Creek South of Drummond Upstream of Fred Burr Creek	Brown trout	M		4	6					Hg
		WC	7	2	2					Hg
Fred Burr Creek to Boulder Creek	Brown trout	M	5	2	1					Hg
		WC	2	1						Hg
Boulder Creek to Lower Willow Creek	Brown trout	M	6	5						Hg
		WC	3	2	6					Hg
	Mountain whitefish	M		4	2					Hg
		WC		2	1					Hg
Lower Willow Creek to Clark Fork	Brown trout	M			5					Hg
		WC		6	2					Hg
	Mountain whitefish	M		4	2					Hg
		WC		2	1					Hg
Fort Peck Reservoir	Chinook salmon	M						2	2	Hg
		WC						1	1	Hg
	Lake trout	M					3	2	1	Hg
		WC					1	1		Hg
	Northern pike	M				3	3	2	1	Hg
		WC				1	1	1		Hg
	Walleye	M		3	3	3	1			Hg
		WC		1	1	1				Hg

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 9

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Fred Burr Creek Below Rumsey Mill to Swimming Hole	Brown trout	M	3							Hg
		WC	1							Hg
Downstream of Swimming Hole	Brown trout	M	2							Hg
		WC	1							Hg
Frenchman Reservoir Malta	Northern pike	M								Hg/PCBs
		WC		7						Hg/PCBs
Fresno Reservoir	Black crappie	M	8	1						Hg
		WC	4							Hg
	Northern pike	M				3	3	3	1	Hg
		WC				1	1	1		Hg
	Walleye	M		2	2	1	1			Hg
		WC		1	1					Hg
	Yellow perch	M	5	3						Hg
		WC	2	1						Hg
Georgetown Lake	Brook trout	M								Hg
		WC		6	6					Hg
	Kokanee salmon	M								Hg
		WC		10						Hg
Gibbon River Yellowstone National Park	Brown trout	M	2	1	3	2				Hg
		WC	1		1	1				Hg
	Rainbow trout	M		2	3	4				Hg
		WC		1	1	2				Hg
Harrison Lake Glacier National Park	Lake trout	M				3	2	2	2	Hg
		WC				1	1	1		Hg
Hauser Reservoir	Brown trout	M								Hg
		WC			7	7				Hg
	Kokanee salmon	M								Hg
		WC	10	10						Hg
	Rainbow trout	M								Hg
		WC			8	9				Hg
	Walleye	M		10	10	5				Hg
		WC		4	4	2				Hg
	Yellow perch	M								Hg
		WC		6						Hg
Hebgen Reservoir	Brown trout	M		6	4	2	1			Hg/PCBs
		WC		3	1	1				Hg/PCBs
	Rainbow trout	M		5	3	3				Hg
		WC		2	1	1				Hg
Holter Reservoir	Kokanee salmon	M								Hg
		WC		7	7	10				Hg
	Rainbow trout	M				9				Hg
		WC		6	8	4	9			Hg
	Walleye	M		8	7	3	2			Hg/PCBs
		WC		4	3	1	1			Hg/PCBs
	Yellow perch	M	5	4						Hg
		WC	2	1						Hg
Hyalite Lake South of Bozeman	Cutthroat trout	M								Hg
		WC	12	7						Hg
Island Lake Southeast of Libby	Northern pikeminnow	ALL								Hg
	Yellow perch	M	4							Hg
		WC	2							Hg
Judith River Below Big Spring Creek	Brown trout	ALL								Hg
	Rainbow trout	M								Hg
		WC		8						Hg
Kootenai River Libby Dam to Troy	Bull trout	M			9					Hg
		WC			4					Hg
	Kokanee salmon	M								Hg
		WC	10	8						Hg
	Largescale sucker	M				8				Hg
		WC			6	4				Hg
	Mountain whitefish	M								Hg
		WC		7	8					Hg
Libby Dam to Troy	Northern pikeminnow	M	4	2						Hg
		WC	2	1						Hg
	Peamouth	M	9							Hg
		WC	4	6						Hg
	Rainbow trout	M			6					Hg
		WC		12	3					Hg

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 10

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Kootenai River <i>continued...</i> Troy to MT/ID border	Cutthroat trout	M								Hg
		WC			8					Hg
	Kokanee salmon	M								Hg
		WC		7						Hg
	Largescale sucker	M			9	6				Hg
		WC			4	3				Hg
	Mountain whitefish	M		12						Hg
		WC	10	5						Hg
	Northern pikeminnow	M		8	8					Hg
		WC		3	3					Hg
Peamouth	M		9						Hg	
	WC		4						Hg	
Rainbow trout	M								Hg	
	WC								Hg	
Krieder Reservoir Near Sand Springs	Rainbow trout	M		5					Hg	
		WC		2					Hg	
Lake Frances	Northern pike	M	8	5	4	3	2		Hg	
		WC	3	2	2	1	1		Hg	
	Walleye	M	7	3	2	1			Hg	
		WC	3	1	1				Hg	
	Yellow perch	M	4	3	2				Hg	
		WC	1	1	1				Hg	
Lake Helena	Walleye	M			10	3			As/Hg	
		WC		7	5	1			As/Hg	
Lake Koocanusa	Bull trout	M		11	12	5	6		As/Hg	
		WC		5	5	2	2		As/Hg	
	Burbot	M				6	5	4	3	Hg
		WC			8	3	2	2	1	Hg
	Cutthroat trout	M								As
		WC		7						As
	Kokanee salmon	M								As/Hg
		WC	8	9						As/Hg
	Largescale suckers	M			6	7				As/Hg
		WC		6	3	3				As/Hg
	Longnose suckers	M			8					Hg
		WC		9	3					Hg
	Mountain whitefish	M		4						As/Hg
		WC		2						As/Hg
	Northern pikeminnow	M		6	5	4	3			As/Hg
		WC		3	2	1	2			As/Hg
	Peamouth	M								As/Hg
		WC	8	10						As/Hg
	Rainbow trout	M	10		6					As/Hg
		WC	5	10	3					As/Hg
Yellow perch	M	11	6						Hg	
	WC	5	3						Hg	
Lake Mary Ronan	Kokanee salmon	M							Hg	
		WC	7	5					Hg	
	Rainbow trout	ALL							Hg	
	Yellow perch	M	10	4					Hg	
WC		5	2					Hg		
Lake McDonald Glacier National Park	Bull trout	M			5	7	6		Hg	
		WC			2	3	3		Hg	
	Lake trout	M		10	5	3	2		Hg	
		WC		5	2	1	1		Hg	
	Lake whitefish	M				7			Hg	
		WC			6	3			Hg	
Lee Metcalf National Wildlife Refuge Whistlers Pond	Largemouth bass	M		9	3				Hg	
		WC	6	4	1				Hg	
Leigh Lake Cabinet Mountains	Brook trout	M	3						Hg/PCBs	
		WC	1						Hg/PCBs	
Libby Ponds Fifth Street	Brook trout	ALL							Hg/PCBs	
	Largescale suckers	ALL							Hg/PCBs	
Stimpson Fire	Largescale suckers	ALL							Hg/PCBs	
Lower Stillwater Lake	Northern pike	M			7	9			Hg	
		WC			3	4			Hg	
	Yellow perch	M							Hg	
		WC	7						Hg	

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 11

Location	Species	Person	Size (Length in inches)							Contaminant	
			6-10	10-14	14-18	18-22	22-26	26-30	30+		
Lower Willow Creek Near Drummond	Brown trout	M	5	1						Hg	
		WC	2							Hg	
Lower Willow Creek Reservoir Near Drummond	Cutthroat trout	M	1							Hg	
		WC								Hg	
Lump Gulch Prickly Pear Drainage	Brook trout	ALL								Hg	
Madison River Above Hebgen Lake	Brown trout	M	3		1					Hg	
		WC	1							Hg	
	Rainbow trout	M	5	3		3				Hg	
		WC	2	1		1				Hg	
Hebgen Lake to Quake Lake	Rainbow trout	M		5						Hg	
		WC		2						Hg	
Quake Lake to Ennis Lake	Brown trout	M			9					Hg	
		WC		8	4					Hg	
	Rainbow trout	M			11					Hg	
		WC		10	5					Hg	
Below Ennis Lake	Brown trout	M		9	4					Hg	
		WC		4	2					Hg	
	Rainbow trout	M			11					Hg	
		WC		6	5					Hg	
Martinsdale Reservoir	Brown trout	M				4	4	4	4	Hg	
		WC				1	1	1	1	Hg	
	Rainbow trout	M		9	8					Hg	
		WC		4	4					Hg	
McGregor Lake Near Kalispell	Crayfish (all sizes)	M	5							Hg	
		WC	2							Hg	
	Lake trout	M		9	6	6	3			Hg	
		WC		4	3	2	1			Hg	
Medicine Lake National Wildlife Refuge	Northern pike	M				8	7	2		Hg	
		WC				4	3	1		Hg	
Missouri River Headwaters to Toston Dam	Brown trout	M		7						Hg	
		WC		3						Hg	
	Northern pike	M			5					Hg	
		WC			2					Hg	
	Rainbow trout	M		8						Hg	
		WC		3						Hg	
Below Toston Dam	Rainbow trout	M								Hg	
		WC		6						Hg	
Upstream Black Eagle Dam	Brown trout	M		6	7					As/Hg	
		WC	8	2	3					As/Hg	
	Crayfish (all sizes)	ALL								As	
	Mountain whitefish	M			8					Hg	
		WC			4					Hg	
	Mussels (all sizes)	ALL								As	
	Rainbow trout	M	4	9	6					As/Hg	
		WC	2	4	3					As/Hg	
	Stonecat	M	4	3						Hg	
		WC	2	1						Hg	
	White sucker	M		4	6					As/Hg	
		WC		2	3					As/Hg	
	Yellow perch	M	9							As/Hg	
		WC	4	9						As/Hg	
Downstream Black Eagle Dam	Brown trout	M		11	7	3				As/Hg	
		WC		5	3	1				As/Hg	
	Crayfish (all sizes)	ALL								As	
	Mountain whitefish	M	11	7						As/Hg	
		WC	5	3						As/Hg	
	Mussels (all sizes)	ALL								As	
		Rainbow trout	M	8		7	4				As/Hg
	WC		4	7	3	2				As/Hg	
	Stonecat	M	7							Hg	
		WC	3							Hg	
	Walleye	M	10	11	5					As/Hg	
		WC	5	5	2					As/Hg	
	White sucker	M		7	8					As/Hg	
		WC		3	4					As/Hg	
	Yellow perch	M	7							As/Hg	
		WC	3							As/Hg	
	Mountain View Lake Stillwater drainage	Brook trout	M		7	1					Hg
			WC		3						Hg

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 12

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Mystic Lake South of Bozeman	Brook trout	M								Hg
		WC		8	8					Hg
	Cutthroat trout	M		8	8					Hg
		WC		3	3					Hg
	Lake trout	M					7			Hg
		WC					3			Hg
Nelson Reservoir	Black crappie	M	9							Hg
		WC	4							Hg
	Lake whitefish	M				2				Hg
		WC		7		1	8			Hg
	Northern pike	M					7	6	4	Hg
		WC					3	3	2	Hg
	Walleye	M		6	5	6	1			Hg
		WC		3	2	3				Hg
	Yellow perch	M	10	9						Hg
		WC	5	4						Hg
Ninepipe National Wildlife Refuge	Largemouth bass	M	6	5	2	1				Hg
		WC	3	2	1					Hg
North Fork Lower Willow Creek	Cutthroat trout	ALL								Hg
Noxon Rapids Reservoir	Crayfish (all sizes)	M	5							Hg
		WC	2							Hg
	Lake trout	M						1		Hg
		WC								Hg
	Lake whitefish	M		9	9					Hg
		WC		4	4					Hg
	Largemouth bass	M		4						Hg
		WC		2						Hg
	Northern pike	M		5	5	3	2	1	1	D/F, Hg
		WC		2	2	1	1			D/F, Hg
	Smallmouth bass	M		2	1					Hg
		WC		1						Hg
	Walleye	M	1	1	1	1	1	1		D/F, Hg
		WC								D/F, Hg
Yellow perch	M	3	2						Hg	
	WC	1	1						Hg	
Park Lake Southwest of Helena	Arctic grayling	ALL								Hg
		ALL								Hg
Petrolia Reservoir South of Winnett	Northern pike	M					5			Hg
		WC					2			Hg
Piedmont Pond Whitehall	Cutthroat trout	M	2	1						As/Hg
		WC	1							As/Hg
Pishkun Reservoir	Northern pike	M		4	3	2	2	1		Hg
		WC		2	1	1				Hg
	Rainbow trout	M			4	4	2			Hg
		WC			2	2	1			Hg
	Yellow perch	M	3							Hg
		WC	1							Hg
Prickly Pear Creek Upstream of ASARCO	Brown trout	ALL								Hg
	Rainbow trout	ALL								Hg
Downstream of ASARCO	Brown trout	M		1	1					As
		WC								As
	Rainbow trout	M		3						As
		WC		1						As
Rock Creek Near Alberton	Brown trout	M		8	4					Hg
		WC		4	2					Hg
Seeley Lake	Bull trout	ALL								Hg
	Mountain whitefish	M			11					Hg
		WC			5					Hg
	Northern pike	M					8	9		Hg
		WC					3	4		Hg
	Yellow perch	ALL								Hg
Silver Bow Creek Lower Area One (near lagoons)	Brook trout	M		7						As/Hg
		WC		3						As/Hg
Rocker	Cutthroat trout	M		11	11					As
		WC		5	5					As
Ramsey	Cutthroat trout	M		7	7					As/Hg
		WC		3	3					As/Hg
Durant Canyon	Cutthroat trout	M		2	4					As/Hg
		WC		1	2					As/Hg

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 13

Location	Species	Person	Size (Length in inches)							Contaminant
			6-10	10-14	14-18	18-22	22-26	26-30	30+	
Silver Creek North of Helena	Cutthroat trout	M	3	1						Hg
		WC	1							Hg
Smart Creek Near Hall	Cutthroat trout	ALL							Hg	
Snow Creek Trib to Carpenter Creek	Cutthroat trout	ALL							As/Hg	
Soda Butte Creek Cooke City	Brook trout	ALL							Hg	
	Cutthroat trout	ALL							Hg	
South Fork Lower Willow Creek Near Drummond	Cutthroat trout	M	11						Hg	
		WC	5						Hg	
South Sandstone Reservoir North of Baker	Northern pike	M			2		1		Hg	
		WC			1				Hg	
	Walleye	ALL							Hg	
		WC							Hg	
Yellow perch	M	4						Hg		
	WC	2						Hg		
Spring Meadow Lake Helena	Cutthroat trout	M		2					As	
		WC		1					As	
	Largemouth bass	M	6	5					As/Hg	
		WC	3	2					As/Hg	
	Pumpkinseed	M	5						As	
		WC	2						As	
	Rainbow trout	M							Hg	
		WC		7					Hg	
	Yellow perch	M		9					As/Hg	
		WC		4					As/Hg	
St. Mary Lake Glacier National Park	Bull trout	M					2		Hg	
		WC					1		Hg	
	Burbot	M			6	3	3		2	Hg
		WC			3	1	1			Hg
	Lake trout	M			3	2	4	3		Hg
		WC			1	1	2	1		Hg
	Lake whitefish	M			7	7				Hg
		WC			3	3				Hg
Sun River Near Great Falls	Rainbow trout	M			7				Hg	
		WC			3				Hg	
Swan Lake	Bull trout	M		8	3	2	3	2	2	Hg
		WC		3	1	1	1	1	1	Hg
	Kokanee salmon	M	11							Hg
		WC	5	7	6					Hg
	Lake trout	M	9	6	5	3	3	2	1	Hg
		WC	4	3	2	1	1	1		Hg
	Northern pike	M			6	3	4		2	Hg
		WC			3	1	2			Hg
Tenmile Creek West of Helena	Brown trout	M							Hg	
		WC	12	12					Hg	
	Rainbow trout	M							Hg	
		WC	10	10					Hg	
Thompson Falls Reservoir	Northern pike	M			5	7	6	5	3	Hg
		WC			2	3	3	2	1	Hg
	Rainbow trout	M			11					Hg
		WC			5					Hg
	Smallmouth bass	M		5						Hg
		WC		2						Hg
	Yellow perch	M	7							Hg
		WC	3							Hg
Tiber Reservoir	Northern pike	M		3		2	2	1		Hg
		WC		1		1				Hg
	Walleye	M		1	1	1	1			Hg
		WC								Hg
	Yellow perch	M	5	3						Hg
		WC	2	1						Hg
Tongue River Reservoir	Northern pike	M					6	6		Hg
		WC					3	3		Hg
	Smallmouth bass	M	8	4						Hg
		WC	4	2						Hg
	Walleye	M		5	4	3	2			Hg
		WC		2	1	1	1			Hg
	White crappie	M	4							Hg
		WC	2							Hg
Upper Cold Lake Mission Mountains	Cutthroat trout	M		6						PCBs
		WC		3						PCBs

2021 Montana Sport Fish Consumption Guidelines

Updated May 26, 2021

Page 14

Location	Species	Person	Size (Length in inches)							Contaminant	
			6-10	10-14	14-18	18-22	22-26	26-30	30+		
Upper Two Medicine Lake Glacier National Park	Lake trout	M			7					Hg	
		WC			3					Hg	
Warm Springs Creek Near Clancy	Brook trout	ALL								Hg	
Warm Springs Ponds Near Anaconda	Rainbow trout	M								Hg	
		WC					12			Hg	
Waterton Lakes Glacier National Park	Lake trout	M		6	4	3	1		1	Hg	
		WC		3	2	1				Hg	
	Lake whitefish	M			8	7	6		7	Hg	
		WC	9	7	4	3	3		3	Hg	
West Fork Madison River Downstream of Lobo Creek	Brown trout	M								Hg	
		WC		7						Hg	
	Rainbow trout	M								Hg	
		WC			7					Hg	
Upstream of Lobo Creek	Rainbow trout	M								Hg	
		WC		10						Hg	
Whitefish Lake	Cutthroat trout	M								Hg	
		WC								Hg	
	Lake trout	M		10	10	5	3			Hg	
		WC		5	4	2	1			Hg	
	Lake whitefish	M				5				Hg	
		WC		9	8	2				Hg	
	Northern pike	M						9		8	Hg
		WC			9	8	4	6	4	Hg	
Willow Creek Reservoir Near Augusta	Rainbow trout	M								Hg	
		WC	8	8	8	6				Hg	
Woody Creek Near Cooke City	Cutthroat trout	ALL							Hg		
Yellowstone River Near Powder River	Channel catfish	M					1			Hg	
		WC								Hg	